

Employment & Business Opportunities

The United States Small Business Administration (SBA) has designated portions of certain communities as Historically Underutilized Business Zones, or HUB Zones. Preference in bidding on U.S. Government contracts can be given to businesses that are located in and certified as HUB Zone Businesses.

One area in Culpeper County (census tract 9903) has been designated as an SBA HUB Zone. The Culpeper HUB Zone is indicated on the map below.

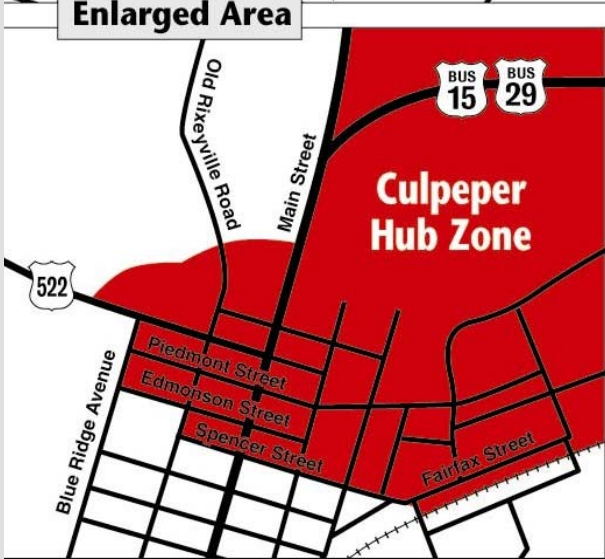
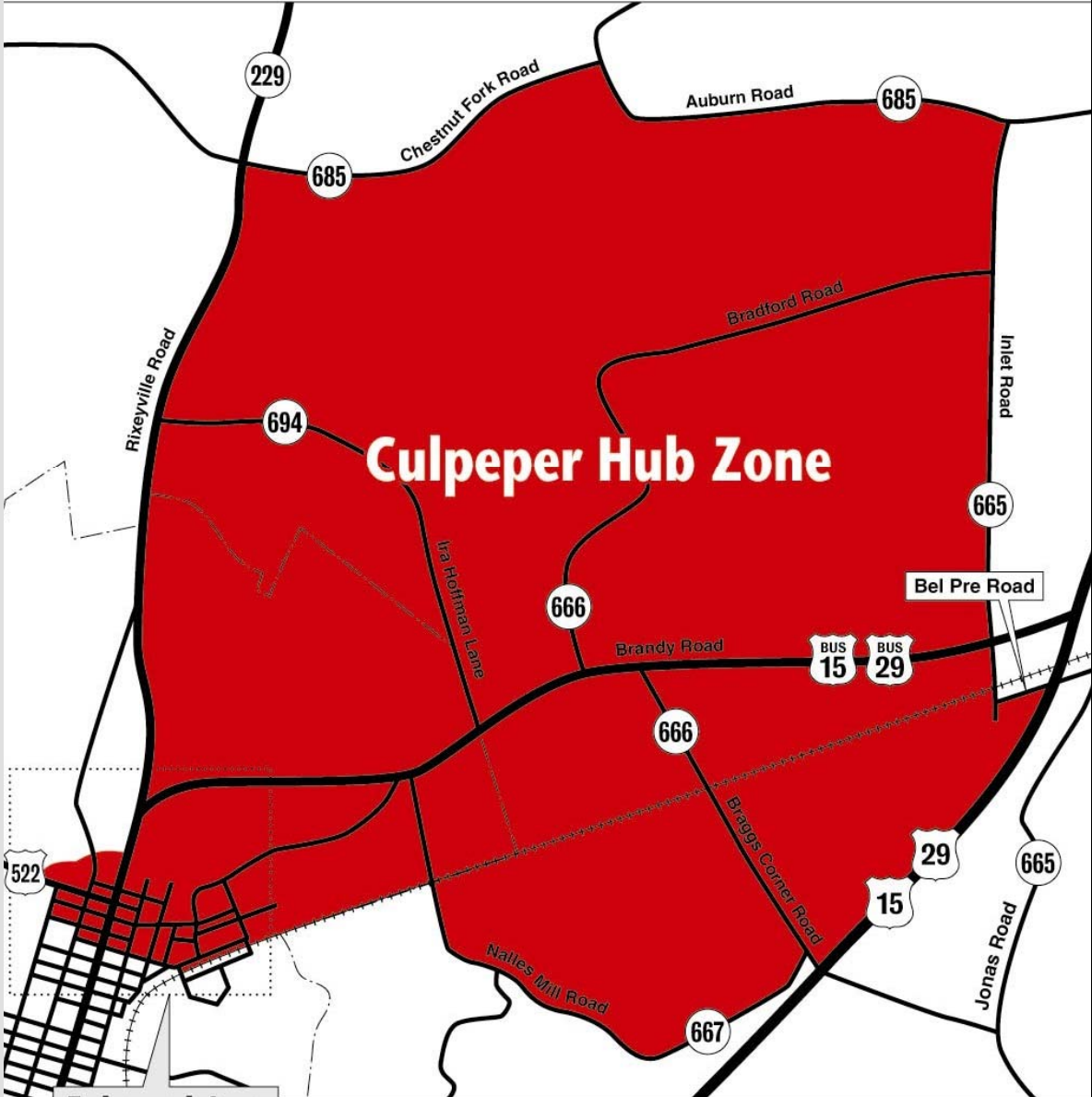
In order to be certified as a HUB Zone business, four conditions must exist: (1) it must be a small business as defined by the SBA; (2) it must be located in the HUB Zone; (3) it must be owned and operated by U.S. citizens; and **(4) 35% of its employees must live within a Hub Zone.**

The Culpeper County Department of Economic Development is attempting to attract businesses that bid on U.S. Government contracts to the Culpeper HUB Zone. To be successful in this effort, we must develop an inventory of employee resources to demonstrate the type and skill level of the workforce that lives within the HUB Zone. This inventory must be used by businesses to identify potential employees.

If you live within the Culpeper Hub Zone as shown on the map, we are requesting that you submit your resume or a statement of your qualifications, including work experience and education. Skills in technology related fields are highly desirable, but we need all HUB Zone residents to submit their qualifications.

For the purpose of establishing a Culpeper HUB Zone employee inventory, The Virginia Employment Commission has agreed to accept and maintain resumes and statements of qualifications. These should be mailed, e-mailed (pmocarski@vec.state.va.us) or hand-delivered to the **Virginia Employment Commission, 529 Meadowbrook Shopping Center, Culpeper, VA 22701.** Mark envelopes or subject: "HUB Zone Resident." No telephone calls will be accepted.

Ad designed and donated by
CulpeperCitizen



If you own a business in the Culpeper HUB Zone and want to learn more about the benefits of being certified as a HUB ZONE Business, call the Culpeper County Department of Economic Development at (540) 727-3410.

Healthy Culpeper

The Prevention Coalition: addressing the major issues facing our youth

Healthy Culpeper has organized a group of citizens and professionals, the Prevention Coalition, to address the major issues facing our youth today. The plan is to help our community address the issues that affect our youth and our families. The aim is to create a healthier environment in which to raise our children. The first major issue the coalition is addressing is one that has been felt throughout our community this past year, teen suicide. Four youth have tragically killed themselves this past year in the Culpeper area.

The first major issue the coalition is addressing is one that has been felt throughout our community this past year, teen suicide.

In a recent Culpeper survey, (*Virginia Adolescent Resiliency Assessment or V.A.R.A.*) of our youth in 2000, thirty-one percent (31%) of all the youth answered “yes” when asked if “during the past 12 months they had felt so sad or hopeless almost every day for two weeks or more in a row that has stopped them from doing some usual activities.” This translates into depression in one out of every three Culpeper teens.

A Virginia Department of Health study further states that depression was the leading cause of hospitalization for 10 – 14 year olds. It wasn’t long ago that depression was seen as mainly a disease of adults. It is estimated that 70% to 80%

You see, teens don’t really want to die, they just don’t know how to live.

of depressed teens do not receive treatment.

The VARA survey also reported that suicide rates among adolescents have more than tripled since the early 1950s. The suicide rate for Virginia youth ages 10 – 19 has increased 32% since 1975. Researchers speculate that there are approximately 6 to 10 suicide attempts for each completed suicide in the general adult population. It is estimated that there may be 100 suicide attempts for every completed suicide for teens. You see, teens don’t really want to die, they just don’t know how to live. Boys actually complete suicide more often than girls because they have more access to lethal methods, such as guns.

Culpeper statistics are frightening. The report goes on to say that 15% of the girls and 21% of the boys responded that they had attempted suicide in the past year. The report concluded that “the data indicates that feelings of depression and sadness as well as potential for suicide are prob-

“the data indicates that feelings of depression and sadness as well as potential for suicide are problematic for both girls and boys in Culpeper”.

lematic for both girls and boys in Culpeper”. It is time that our community addresses this frightening problem.

The Prevention Coalition consists of thirty-eight youth and adults, meeting to develop a plan for helping our youth deal with feelings of depression. The coalition has brought in Virginia’s leading expert in teen suicide prevention, Calvin Nunnally, to work with our community. Calvin Nunnally Sr., MS is the Suicide Prevention Training and Outreach Coordinator for Virginia. Mr. Nunnally provided training for the coalition in which he stated that “early recognition of the warning signs of suicide, active intervention, and referral to those who can help are the keys to suicide prevention.” He is working with the coalition to develop a comprehensive community plan for the Culpeper area. Mr. Nunnally stated that “it is rare that the community comes together with such a broad base of support as Culpeper. Culpeper could be a model for working as a community”. He states that “for prevention to work it must be a total community effort.”

Coalition members include the following: parents,

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School Board members, police officers, private mental health professionals, the Superintendent of Schools, Social Services staff, ministers, community librarians, SAVVI staff, Community Services Board staff, Healthy Culpeper representative, Culpeper County government representative, representatives from the business community and students, to name a few. The thirty-eight members are an extremely hard working group. They all want to make a difference.

The Plan consists of the following four focus areas:

- Train Gate Keepers in the community. A Gate Keeper is someone in a position to recognize a crisis and warning signs that someone may be contemplating suicide. Gate Keepers include teachers, ministers, nurses, office supervisors, police officers, advisors, caseworkers, and many others who are strategically positioned to recognize and refer someone at risk of suicide.
 - The School system established the first Gate Keeper training which was held on March 24th at Culpeper Middle School. Culpeper Schools opened this training to groups such as ministers and other interested individuals.
 - Police and Probation Officers will be trained as Gate Keepers. Many times police are the first responders to a suicidal individual.
 - Other trainings will be developed as the need develops. Alan Rasmussen, Prevention Specialist from the Community Services Board is being certified as a Gate Keeper trainer.
- Provide Parent Training: A special workshop developed specifically for parents is being planned at this time. This program will address the special needs and concerns of parents. The program will address what every parent of an

adolescent should know to keep their adolescent safe.

- Provide Youth Education: This committee is working on ways to reach youth.
- Provide youth, parents and Gate Keepers information on where to receive help. Private and public mental health providers are working together to ensure access to mental health services in a timely fashion.

The Prevention Coalition is developing a comprehensive approach to the problem of teen suicide...

The Prevention Coalition is developing a comprehensive approach to the problem of teen suicide, but everyone should be aware of the warning signs and what to do if a loved one is suicidal.

The Cardinal rule of suicide prevention is do something – and do it now! Don’t wait to make sure that the youth is really serious. Don’t decide to sleep on it, or wait until tomorrow morning. Tomorrow may be too late.

1. **Ask your child** if he/she is considering killing himself.
2. **Spend** as much **time** as necessary talking.
3. Encourage him/her to **seek professional help**.
4. **Remove** or encourage your child to give up anything that could be immediately lethal – extra pills, a gun, etc.
5. If you discover that your teen has a plan or a timetable, **take it seriously**. Don’t leave him/her alone; don’t be brushed off by, “I’m okay now.”
6. If the person will not seek help on their own, you must **get help**. Contact someone who can help. Calling a friend, another family member, school counselor, mental health professional or **1-800-suicide** will not only help your teen, but will help you.

Take Charge: If you have suspicions, don’t, under any circumstances, leave him/her alone. Don’t go to bed. **Follow – don’t swallow – that strange feeling**. Get the person to talk... offer hot chocolate at the kitchen table. Don’t worry about infuriating the suicidal person who screams, “Leave me alone!” You can’t take chances with a suicidal person, and you can’t take too many precautions.

If you would like to get involved in your community prevention efforts, or you would just like to be kept informed about prevention efforts, contact Cindy Colson from Healthy Culpeper at 829-2065 x 308 (colson@hfculpeper.org) or John Waldeck at 825-3100 x 3003 (jwaldeck@rrcsb.org)

*John P. Waldeck, MSW
Director of Clinical Services
Rappahannock-Rapidan Community Services Board, Prevention Coalition Facilitator*

Culpeper County Department of Health

Protect your Family

As warm weather approaches, you and your family will be spending more time outdoors, increasing your chances of contact with wild or stray animals. Keep in mind that you should enjoy all wild animals from a distance, **even if they seem friendly**. Wild and stray animals may carry diseases, including rabies.

Rabies is a deadly disease, caused by a virus that attacks the nervous system. It kills almost any human or animal that gets sick from it. You can become infected with rabies through the bite of an infected animal, or by getting saliva from an infected animal into your eyes, mouth, or an open wound.



Culpeper County Health Department
Open 8:00 a.m. to 4:30 p.m. Monday - Friday

“You may be inclined to help a stray domestic animal or a sick, injured or orphaned wild animal, but the animal could be infected with rabies. Feeding, picking up, or taking in such an animal could put you, your family, and your pets at risk of rabies,” says District Health Director Lilian Peake, M.D., M.P.H.

If you have been bitten by a wild animal, wash the wound immediately and seek medical attention. If it can be safely done, capture the animal under a large box or try to identify it before it runs away. **DO NOT** try to pick up the animal. Contact your local animal control or health department for advice.

Bats, skunks, raccoons, foxes, and coyotes are the most frequent carriers of the rabies virus. However, persons in the United States are most likely to become exposed through contact with unvaccinated cats and dogs, or contact with bats. There were 542 confirmed animal rabies cases in Virginia in 2003, including 34 cats and 6 dogs.

If you have been bitten by a family pet, you need close follow-up even if the animal is fully vaccinated. Vaccinated pets can still become infected and transmit the virus. Healthy vaccinated pets that bite someone must be confined for 10 days.

The good news is that there are steps that you can take to protect yourself and your family.

- Avoid contact with wild animals, especially bats, skunks, foxes and raccoons.
- If you have pets, keep their vaccinations up to date. An animal whose vaccination has expired has little or no protection against rabies.
- Limit the possibility of exposure by keeping your animals on your property. Don't let pets roam free.
- If your pets come into contact or fight with a wild animal, call your veterinarian as soon as possible.
- Don't leave garbage or pet food outside; it may attract wild or stray animals.

Remember to protect yourself as you enjoy springtime.

Culpeper County Department of Health 540-829-7350 640 Laurel Street



The Culpeper Soil & Water Conservation District What You Should Know About Your Septic System

by Martin Johnson

Twenty-five percent of the U.S. population relies on onsite wastewater treatment systems, most of which are septic systems. A septic system is a highly efficient, self-contained, underground wastewater treatment system. Because septic systems treat and dispose of household wastewater on-site, they are often more economical than centralized sewer systems in rural areas where lot sizes are larger and houses are spaced widely apart.

Septic systems are also simple in design, which make them generally less expensive to install and maintain than centralized systems. And by using natural processes to treat the wastewater on-site, usually in a homeowner's backyard, septic systems don't require the installation of miles of sewer lines, making them less disruptive to the environment.

What is a Septic System?

A septic system consists of two main parts – a septic tank and a drainfield. The septic tank is a watertight box, usually made of concrete or fiberglass, with an inlet and outlet pipe. Wastewater flows from the home to the septic tank through the sewer pipe. The septic tank treats the wastewater naturally by holding it in the tank long enough for solids and liquids to separate. The wastewater forms three layers inside the tank. Solids lighter than water (such as greases and oils) float to the top, forming a layer of scum. Solids heavier than water settle at the bottom of the tank, forming a layer of sludge. This leaves the middle layer of partially clarified wastewater.

The layers of sludge and scum remain in the septic tank, where bacteria found naturally in the wastewater work to break the solids down. The sludge and scum that cannot be broken down are retained in the tank until the tank is pumped. The layer of clarified liquid flows from the septic tank to the drainfield. A standard drainfield (also known as a leachfield, disposal field or a soil absorption system) is a series of trenches or a bed lined with gravel or coarse sand, and buried one to three feet below the ground surface. Perforated pipes or drain tiles run through the trenches to distribute the wastewater. The drainfield treats the wastewater by allowing it to slowly trickle from the pipes out onto the gravel and down through the soil. The gravel and soil act as biological filters.

How should a Septic System be Maintained?

If you own a septic system, it is important that it be properly maintained. How often you need to pump the solids out of the septic tank depends on three major factors:

- The number of people in your household;
- The amount of wastewater generated (based on the number of people in the household and the amount of water used);
- The volume of solids in the wastewater (e.g., using a garbage disposal will increase the amount of solids).

Although your septic tank absorption field generally does not require maintenance, you should adhere to the following rules to prolong its functional life:

- Do not drive over the absorption field with cars, trucks or heavy equipment;
- Do not plant trees or shrubbery in the absorption field, because the roots can get into the lines and plug them;
- Do not cover the absorption field with hard surfaces, such as concrete or asphalt. Grass is the best cover, because it will help prevent erosion, and help remove excess water.
- Do divert surface runoff water from roofs, patios, driveways and other areas away from the absorption field.

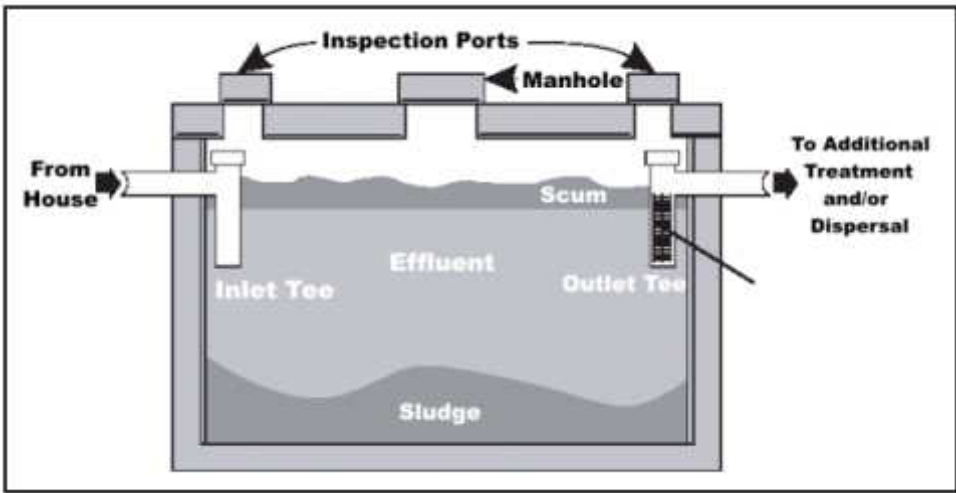
Homeowners wanting to take good care of their septic systems should make note of the following items that should never be flushed down the drain or toilet. These items can overtax the system, or clog the pumps and tiles.

hair combings	coffee grounds
dental floss	disposable diapers
kitty litter	sanitary napkins
tampons	cigarette butts
condoms	gauze bandages
fat, grease or oil	paper towels
paints	varnishes
thinners	waste oils
photographic solutions	pesticides

And NEVER flush chemicals that could contaminate the surface and groundwater, such as:

According to the EPA, properly sited, constructed and managed on-site wastewater treatment systems are an effective means of protecting human health and the environment. In addition to the advantages in construction and maintenance costs mentioned above, they also avoid potentially large transfers of water from one watershed to another, that can occur with centralized collection and treatment.

If you are looking for more information on how to properly maintain your septic system, avoid potential system problems, or are planning on buying or selling a home with a septic system, you can download free brochures at www.nesc.wvu.edu/nsfc/nsfc_septicnews.htm



A typical septic tank.

News from Environmental Services *by Lori Gross*

Spring Clean Up

During Historic Garden Week this year (April 17-25) the Culpeper Garden Club participated in the Statewide Spring Clean Up, as part of their participation in the Adopt-a-Highway Program. Adopt-a-Highway is a litter removal program sponsored by the Virginia Department of Transportation, which provides an opportunity for you or your family, business or civic group to clean up litter from the side of Virginia's roads. The Spring Clean Up is part of the Garden Club's ongoing effort to keep Culpeper clean, as well as a nice place to live and visit.

Research by Keep America Beautiful, Inc., has found that people litter because:

- They feel no sense of ownership, even though areas such as parks and beaches are public property.
- They believe someone else—a park maintenance or highway worker— will pick up after them.
- Litter already has accumulated.

Not only is it illegal to litter on the sides of our roads, litter makes the roads very unattractive. For many years, the Culpeper Garden Club has been involved in programs that encourage citizens in the Town and County to clean and beautify their properties. There will be another clean up this fall with the "Great State Trash Off" on September 18, 2004. For more information on how to participate please call VDOT at 1-800 PRIDEVA (1-800-774-3382), or visit them on the web at: <http://www.virginiadot.org/infoservice/prog-aah-faqs.asp>. Let's all work to keep Culpeper beautiful!

Great State Trash-Off Set For Saturday, September 18th

A cool breeze on a hot day . . . a refreshing drink of water when you're parched with thirst . . . a stretch of highway free of litter . . . aah!

Join Adopt-a-Highway volunteers across Virginia for the Great State Trash-Off on Saturday, September 18th, and help a road near you say, ". . . aah". The Trash-Off is a special, one-day opportunity to clean up litter and listen for Virginia roads to breathe a collective sigh of relief.

Sponsored by the Virginia Department of Transportation (VDOT), Adopt-a-Highway gives Virginians an opportunity to show their community spirit by working together to beautify the Commonwealth. With more than 6,800 groups maintaining 13,000 miles, or one-fourth of Virginia's highways, Virginia has one of the largest Adopt-a-Highway programs in the country.

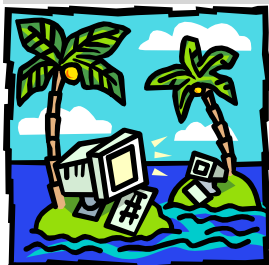
Adopt-a-Highway provides volunteers with safety vests, orange bags, and road signs recognizing the adopting individual or group by name. Volunteers agree to pick up litter along a two-mile stretch of roadway four times per year for two years.

For more information on Adopt-a-Highway, call 1-800-PRIDE VA (1-800-774-3382) or visit www.VirginiaDOT.org



Adopt-a-Highway's initials and Operation Wildflower inspired a graphic designer to create the "aah!" design in recognition of program volunteers. The designer said that she could imagine hearing roads say ". . . aah" after an Adopt-a-Highway pickup.

Information Technology



Coming Soon to Your PC !

County Treasurer Steve Southard and Information Technology Director Dianna Catron are working with the County's software supplier, Bright & Associates, Inc., and other local government jurisdictions to bring on-line bill pay to the County. Initial bill pay will include the functionality to pay both Real Estate and Personal Property taxes, as well as the Decal fee, via credit card or check. Also featured will be the application for dog license renewal and inquiries into real estate and personal property history. These inquiries will benefit taxpayers, attorneys, tax preparers, and mortgage lenders, etc. Scheduled roll-out will be mid-year in anticipation for the 2004 billing cycle.

Steve Southard, Treasurer, and Dianna Catron, Information Technology



Virus Awareness!

No it isn't the flu, but it can make your life miserable. It is a Computer Virus.

Computer viruses are called viruses because they share some of the traits of biological viruses. A computer virus passes from computer to computer like a biological virus passes from person to person. A computer virus must **piggyback** on top of some other program or document in order to get executed. Once it is running, it is then able to infect other programs or documents. Obviously, the analogy between computer and biological viruses stretches things a bit, but there are enough similarities that the name sticks.

An Ounce of Prevention - You can protect yourself against viruses with a few simple steps:

Buying **virus protection software** is a nice safeguard.

If you simply **avoid programs from unknown sources** (like the Internet), and instead stick with commercial software purchased on CDs, you eliminate almost all of the risk from traditional viruses

You can **disable floppy disk booting** -- most computers now allow you to do this, and that will eliminate the risk of a boot sector virus coming in from a floppy disk accidentally left in the drive.

Ensure that **Macro Virus Protection** is enabled in all Microsoft applications, and you should NEVER run macros in a document unless you know what they do. There is seldom a good reason to add macros to a document, so avoiding all macros is a great policy.

Never double-click on an attachment that contains an executable that arrives as an e-mail attachment. Attachments that come in as Word files (.DOC), spreadsheets (.XLS), images (.GIF and .JPG), etc., are data files and they can do no damage (noting the macro virus problem in Word and Excel documents mentioned above). A file with an extension like EXE, COM or VBS is an executable, and an executable can do any sort of damage it wants. Once you run it, you have given it permission to do anything on your machine. The only defense is to never run executables that arrive via e-mail. Recently there has been a new wave of viruses using .ZIP files. .Zip is a means of compressing the data into a smaller amount of space. When a user opens this unknown zip, usually out of curiosity, the virus is executed.

Best Advice: If you are not expecting it, or do not know from whom it came, or have any suspicions, delete do not open. Next time we will give you some information on the different types of viruses.

Happy Computing!

Dianna Catron, Director of Information Technology

The Grass Is Always Greener On The Other Side

by Jamie Bennett, Director

Culpeper County Department of Animal Services

Spring is just around the corner, and with it comes tender green grass. The new grass sure is tempting to livestock. Oh, and you’ve been meaning to fix that fence that is missing a top strand of wire or board, but you just haven’t gotten around to it. But, what the heck, your livestock have never attempted to go over or through the fence before.

If I were a horse or a cow, I’d be thinking “just how might I get out of this fence to get to that luscious new grass? Well, there’s that part of the fence that is pretty low.....heck I’ll jump it!”

You’re in bed sound asleep, and you don’t even know that half of your livestock is in the neighbor’s yard, the other half in the road! In the meantime, people are calling the E-911 center reporting livestock in the road, animal control officers are being dispatched to the scene, and no one knows to whom the livestock belongs. Animal control is searching for possible owners in his livestock book, to no avail.....now what happens?

Well, the neighbor’s yard is a mess. The livestock in the road has caused an accident; and guess what, as the owner of the livestock you are responsible for the damages. Oh, and you could possibly be fined! Hmm, that doesn’t sound too good.

The Culpeper County Department of Animal Services can help. We understand that livestock can get loose every once in a while, and when that happens, we would love to be able to contact you so you can get your animals back in their field before they cause any damage. Over the years, our officers have compiled a list of livestock owners along with emergency telephone numbers. We categorize these numbers by areas of the County. When we receive a call regarding livestock in the road, we immediately search our list for a possible owner. We contact the owner and inform him/her that his/her livestock has escaped, so he or she can round up his or her animals. The owner is happy. We are happy, and all is back to normal.

Oh, but hang on.....what if animal control cannot locate an owner? Things then go a little differently. Animal control has to respond to the scene and either round up the livestock, put them back in their field, or have someone come and pick them up and take them to a holding area. What does this mean for the owner? The owner will then be responsible for the hauling charges, boarding charges, and any damages their livestock may have caused. If animal control has to respond numerous times for the same livestock, the owner is then subject to a fine.

Here’s how you can be sure animal control can contact you should your livestock escape. Fill out the form on this page and mail it or drop it by the Culpeper County Animal Shelter, 10144 James Monroe Hwy., Culpeper, VA 22701. Please rest assured that your information will be kept in the strictest confidence and will only be used to contact you should your livestock escape. Be sure to include all areas of the County that you may graze your livestock, and another contact person, should you be out of town. If we already have your information, please be sure to update us on any changes.

If you have any questions, feel free to contact our office at 540-547-4477. We are here to answer any animal-related question you may have.

OWNER OF LIVESTOCK _____

TYPE OF LIVESTOCK:

CATTLE HORSES SHEEP GOATS PIGS OTHER_____

AREAS IN WHICH LIVESTOCK ARE KEPT:

EMERGENCY CONTACT NUMBERS:

PERSON(S) TO CONTACT: _____

DAY PHONE: _____ EVE. PHONE: _____

WEEKENDS & HOLIDAYS: _____

PERSON(S) TO CONTACT: _____

DAY PHONE: _____ EVE. PHONE: _____

WEEKENDS & HOLIDAYS: _____

PERSON(S) TO CONTACT: _____

DAY PHONE: _____ EVE. PHONE: _____

WEEKENDS & HOLIDAYS: _____

Animal Services (540) 547-4477



Culpeper County Sheriff's Office

Sheriff H. Lee Hart



Culpeper County Sheriff's Office Annual Awards Banquet

The Sheriff's Office Annual Awards banquet was held on February 21, 2004, with over 250 in attendance. Larry Brakowiecki received an award from Sheriff Hart, with Captains Branch and Lane looking on, for his 9 years of service and dedication to the department. Larry will be retiring from the Sheriff's Office in the summer of 2004.

Sheriff's Office engages in two-day lecture on understanding cultures...

Captain Tony Torres from the Chesapeake Police Department speaks to members of the Culpeper County Sheriff's Office about cultural diversity, generational gaps, and sensitivity issues.



Certificate of Commendation

On the night of February 26, 2004, Sgt. Fox determined a suspected vehicle to be stolen and pursued it into Fauquier County. With the assistance of Fauquier deputies, he apprehended four suspects. This resulted in the solution of various unsolved cases in Culpeper County and surrounding jurisdictions.

Sheriff's Quarterly Report

Sheriff Hart held a quarterly report on March 17, 2004, at Reva Volunteer Fire/Rescue Department. The Sheriff gave an update on the Sheriff's Office and was available for questions and comments from the public. The next quarterly report will be in June 2004. Please check the local papers, radio station, and Channel 21 for the date and location.



CULPEPER MINUTES

A Publication of
The Culpeper County
Board of Supervisors



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ISSUE SIXTEEN

CULPEPER MINUTES

SUMMER 2004

News from the Airport—Plan for Annual Air Fest



We're back! We will have a new ramp and expanded runway. Come and see how we have grown. Join us at the 5th annual ***Culpeper Airport Air Fest*** on Saturday, **October 9, 2004 from 10:00 a.m. - 4:00 p.m. at the Culpeper Regional Airport** located in Brandy Station, VA. This **FREE** event has something for the entire family. Tour the County Airport, talk with the pilots about their planes, and enjoy free airplane rides for ages 8-18 provided by the Young Eagles program. Aircraft from restored antiques to modern jets will be on display. Don't miss the Bealeton Flying Circus and others performing in the afternoon. Also, K-9 demonstrations provided by lo-

cal law enforcement and all types of food vendors will be available. Come out and view life from another angle - see the County from the air!! For more information or to volunteer for the event call (540) 825-8280 or check our website: www.culpepercounty.gov for periodic updates.

Telephone Number for Virginia Department of Transportation (VDOT) 540-829-7500
To report Road Hazards or Snow-Flood Conditions: 800-367-7623 Toll Free